Curriculum Overview - PSHE

	Term 1 and Term 2	Term 3 and Term 4	Term 5 and Term 6
Year 7 Lesson topic overview **Topics covered within the lessons**	**Being Me in My world and Celebrating Difference** ● Unique me, differences and conflict ● My influences ● Peer pressure ● Online safety ● Sexting consequences ● Online legislation ● Bullying ● Prejudice and discrimination ● Equality Act ● Bystanders ● Stereotyping ● Challenging negative behaviour and attitudes	**Dreams and Goals and Healthy Me** ● Celebrating success ● Identifying goals ● Employment ● Learning from mistakes ● Overcoming challenges ● Planning skills, safe and unsafe choices ● Substances ● Gangs ● Exploitation ● Emergence first aid ● Stress and anxiety ● Managing mental health ● physical activity and mental health ● effects of substances ● nutrition ● Sleep ● Vaccination and immunisation ● importance of making health choices	**Relationships and Changing Me** ● Characteristics of healthy relationships ● Healthy romantic relationships ● Concent ● Relationships and change ● Emotions within friendships ● being discerning ● Assertiveness ● Sexting ● Puberty changes ● FGM ● Breast flattening/ ironing ● Responsibilities of parenthood ● types of committed relationships ● Happiness and intimate relationships ● Media and self-esteem ● Self-image ● Brain changes in puberty ● Sources of help and support

	Term 1 and Term 2	Term 3 and Term 4	Term 5 and Term 6
Year 8 Lesson topic overview **Topics covered within the lessons**	**Being Me in My world and Celebrating Difference** ● Self-identity ● Family and identify ● Stereotypes ● Personal beliefs and judgements ● Managing expectations ● First impressions ● Respect for beliefs of others ● Active listening ● Positive change made by others ● how positive behaviour affects feelings of wellbeing ● Social injustice ● Inequality ● Community ● Cohesion and support ● Multiculturalism ● Race and religion ● LGBTQ+ and bullying	**Dreams and Goals and Healthy Me** ● Long-term goals ● Skills, qualifications ● Careers ● Money and happiness ● Ethics and mental wellbeing ● Variation in income ● Positive and negative impacts of money ● Online legal responsibilities ● Gambling issues ● Long-term physical health ● Responsibility for own health ● Dental health ● Stress and triggers ● Substances exploitation and substances ● Medication vaccinations and immunisations ● Blood donation	**Relationships and Changing Me** ● Positive relationship with self ● Social media and relationship with self ● Negative self-talk ● Managing a range of relationships ● Personal space ● Online etiquette ● Online privacy and personal safety ● Coercion ● Unhealthy balance of power in relationship ● Sources of support ● Types of close intimate relationships ● physical attraction ● Legal status of relationships ● Pornography ● Sexuality ● Alcohol and risky behaviour
Year 9 Lesson topic overview **Topics covered**	**Being Me in My world and Celebrating Difference** ● Perceptions about intimate relationships ● Consent ● Sexual exploitaton	**Dreams and Goals and Healthy Me** ● Personal strengths ● Health goals ● SMART planning ● Links between body image and mental health	**Relationships and Changing Me** ● Power and control in intimate relationships ● Risk in intimate relationships ● Importance of sexual consent ● Assertiveness skills

| within the lessons | Peer approval Grooming Radicalisation County lines Risky experimentation Positive and negative self-identity Abuse and coercion Coercive control Protected characteristics Equality Act Phobic and racist language legal consequences of bullying and hate crime Sexism Ageism Positive and negative language Banter Bullying in the workplace Direct and indirect discrimintation Harassment Victimisation Prejudice, discrmination and stereotyping | Non-financial dreams and goals Mental health and ill health Medial manipulation Self-harm Anxiety disorders Eating disorders Depression Misperceptions about young people' health choices Physical and psychological effects of alcohol Alcohol and the law Alcohol dependency drug classification Supply and possession legislation Emergency situations First aid CPR Substances and safety Sources of advice and support | Sex and the law Pornography and stereotypess Contraceptives choices Family planning STIs Support and advice services Mental health stigma Triggers Support strategies Managing emotional changes Resilience and how to improve it Reflection on importances of sleep in relation to mental health Reflection on body and brain changes Stereotypes |

| Year 10 Lesson topic overview

Topics covered within the lessons | Being Me in My world and Celebrating Difference

- Human rights
- Societal freedom
- understanding safety in UK and beyond
- Ending relationships safely
- Stages of grief
- Loss and bereavement
- Social media and culture
- Use of online data
- Threats to online safety
- Online identity
- Assessing and managing risk
- Equality including in the workplace, in society in relationships
- Equality and vulnerable groups
- Power and control | Dreams and Goals and Healthy Me

- Impact of physical health in reaching goals relationships and reaching goals
- Work/life balance
- Connections and impact on mental health
- Benefits of helping others
- Online profiles and impact on future goals
- Improving health
- Sexual health
- Blood-borne infections
- Self-examination
- Diet and long-term health
- Misuse of perspective drugs
- Common mental health disorders
- Positive impact of volunteering
- Common threats to health including chronic disease, epidemics, misuse of antibiotics
- Organ donation
- Stem cells | Relationships and Changing Me

- Sustaining long-term relationships
- Relationship choices
- Ending relationships safely
- Consequences of relationships ending e.g. bullying, revenge porn, grief cycle
- Divorce and separation
- Impact of family breakup on children
- Understanding love
- Fake news and rumour - mongering
- Abuse in teenage relationships
- Legislation, support and advice
- Impact of societal change on young people
- Role of media on societal change
- Reflection on change so far and how to manage it successfully
- Decision making
- Sexual idetity
- Gender
- Spectrum of sexuality
- Stereotypes in romantic relationships
- Sexual idenity and risk
- Family change
- Sources of support |
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| Year 11 Lesson topic overview

Topics covered within the lessons	Study Skills and Careers ● Mind Mapping skills ● Trigger word skills ● Cornell note taking ● Flash card creation and practice ● Individual careers session with Careers Leader (MLo) ● GlosCol sessions	Relationships, Changing Me, Healthy Me ● Stages of intimate relationships ● Positive and negative connotations of sex ● Protecting sexual reporductive helth ● Safety ending relationships ● Spectrum of gender and secuality ● LGBTQ+ rights and protection under the Equality Act ● "Coming out" challenges ● LGBTQ+ media and stereotypes ● Power, control and sexual experimentain ● Forced-marriage, honour-based violence ● FGM and other abuses ● Hate Crime ● Sources of support	Study Skills and Careers ● Mind Mapping skills ● Trigger word skills ● Cornell note taking ● Flash card creation and practice ● Individual careers session with Careers Leader (MLo) ● GlosCol sessions

Curriculum Overview - Careers

	Term 1 and Term 2	Term 3 and Term 4	Term 5 and Term 6
Year 7 **Topics covered within the lessons**	• Introducing Stoicism. • Teamwork competencies (abilities/ skills). • Communication skills, including speaking, listening and debating. • Presentation competencies (abilities/ skills). • Study skills: creating and how to use flash cards to revise and improve retention of knowledge. • Diversity. • Issues around tolerance.	• Problem solving competencies (abilities/ skills). • Study skills: creating and how to use flash cards to revise and improve retention of knowledge. • Literacy competencies (abilities/ skills). • The power of language, considering positive and negative language. • Building a positive mindset.	• Developing listening competencies (abilities/ skills). • Exploring what makes a great team player. • Study skills: creating and how to use flash cards to revise and improve retention of knowledge. • Developing creativity competencies (abilities/ skills). • Exploring Unifrog, looking at the career information available on the platform and exploring career options.
Year 8 **Topics covered within the lessons**	• Recapping Stoicism. • Independence competencies (abilities/ skills). • Resilience competencies (abilities/ skills). • Study skills: creating and how to use 'Trigger Words'. • Introducing leadership competencies (abilities/ skills). • Developing leadership competencies (abilities/ skills). • Stereotypes, prejudice, discrimination and microgressions.	• Exploring competencies needed for the workplace: hard and soft skills. • Finding your dream job. • Managing wellbeing. • Developing a positive mindset. • Exploring women in STEM. • Study skills: creating and how to use 'Trigger Words'.	• Developing communication competencies (abilities/ skills). • Considering what makes someone a great communicator. • Numeracy competencies (abilities/ skills). • Considering what success is and what success looks like - particularly within careers. • Introducing university. • Study skills: creating and how to use 'Trigger Words'. • Exploring the links between interests and careers.

	Term 1 and Term 2	Term 3 and Term 4	Term 5 and Term 6

Year 9
 	
Topics covered within the lessons
	● Recapping Stoicism.
	● GROWS* presentation.
	● GROWS survey.
	● Study skills: creating and how to use Mind Mapping.
	● Introducing GCSE choices, what to expect and what to consider.
	● Exploring volunteering.
	● Maximising your potential: creating and using revision timetables and CV building.
	● Developing leadership competencies (abilities/ skills).
	
	*GROWS is a collaborative network of six Gloucestershire based universities and colleges. It is led by the University of Gloucestershire in partnership with:
	    ★ Royal Agricultural University (RAU)
	    ★ Gloucestershire College
	    ★ Cirencester College
	    ★ Hartpury University
	    ★ South Gloucestershire & Stroud College (SGS)
	The partnership works with schools across Gloucestershire to help students aged 11-18 to make informed decisions about their future education and career options.
		● Career opinions: looking at job opportunities in the Armed forces and NHS.
		● Volunteering rights and remunerations.
		● Developing innovation and creative thinking competencies (abilities/ skills).
		● Study skills: creating and how to use Mind Mapping.
		● Study skills: creating and how to use flash cards.
		● Developing teamwork competencies (abilities/ skills).
		● GCSE talks from subject leaders and discussions around selecting the right GCSEs for you with your Careers teacher.
			● Networking and how to network professionally.
			● Developing time management competencies (abilities/ skills).
			● How to contact companies for volunteering opportunities.
			● Exploring Unifrog, looking at the career information available on the platform and exploring career options, with a focus on the link between GCSEs and future careers.
			● Study skills: creating and how to use Mind Mapping.
			● Study skills: creating and how to use 'Trigger Words'.
			● Study skills: creating and how to use flash cards.

	Term 1 and Term 2	Term 3 and Term 4	Term 5 and Term 6
Year 10 **Topics covered within the lessons**	● Recapping Stoicism. ● Work experience - how to contact employers. ● Introducing Collage and Sixth Form ● Effective revision method. ● Finding and maintaining motivation for revision. ● Writing a CV. ● Writing a cover letter. ● Introducing and discussing university. ● Work experience, exploring the reality, what to expect and what will be expected.	● Work experience, exploring the reality, what to expect and what will be expected. ● Work experience exploring jobs at an airport and in a call centre. ● Exploring apprenticeships ● Curating your online profile and e-safety recap.	● How to behave in the workplace and other workplace expectations. ● Keeping a work experience journal, documenting skills developed. ● Going on work experience! ● Considering post-16 choices, where can your GCSEs take you?

Year 11 **Topics covered within the lessons**	● Recapping Stoicism. ● Creating and using a revision timetable. ● Study skills: creating and how to use 'Trigger Words'. ● Study skills: creating and how to use Mind Mapping. ● Study skills: creating and how to use flash cards. ● Study skills: creating and how to use Cornell Notes. ● Individual meetings with the Careers leader to discuss post-16 options. ● GlosCol sessions.	**PSHE: Relationships, Changing Me, Healthy Me** ● Stages of intimate relationships. ● Positive and negative connotations of sex. ● Protecting sexual reporductive health. ● Safety ending relationships. ● Spectrum of gender and secuality. ● LGBTQ+ rights and protection under the Equality Act. ● "Coming out" challenges. ● LGBTQ+ media and stereotypes. ● Power, control and sexual experimenting. ● Forced-marriage, honour-based violence. ● FGM and other abuses. ● Hate Crime. ● Sources of support	● Creating and using a revision timetable. ● Study skills: creating and how to use 'Trigger Words'. ● Study skills: creating and how to use Mind Mapping. ● Study skills: creating and how to use flash cards. ● Study skills: creating and how to use Cornell Notes. ● Individual meetings with the Careers leader to discuss post-16 options. ● GlosCol sessions.